



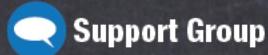
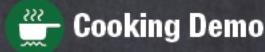
**Jacqui Campbell,
MS, RD, CDN**

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Jacqui Campbell can help you and your family, contact her directly at:

**Jacqui.Campbell.RD
@gmail.com**
(413) 504-4197



Nutrition Events at Big Y®

Jacqui Campbell is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE FEBRUARY 2019

February 5
Heart Month Heroes
10:30 AM – 12:30 PM
East Longmeadow Big Y
441 North Main St.
High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

Event Table

February 5
Heart Month Heroes
1:00 – 3:00 PM
Longmeadow Big Y
802 Williams St.
High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

Event Table

February 12
Celebration of Chocolate Month
11:30 AM – 1:30 PM
Springfield Big Y
300 Cooley St.
Celebrate National Chocolate Month by learning about the health benefits of chocolate and cacao. Stop by our table to taste test different percentage dark chocolates.

Event Table

February 13
Living Gluten Free
6:30 – 7:30 PM
West Springfield Big Y
503 Memorial Ave.
Join us for open conversation about gluten-free living and sampling of gluten-free snacks, in collaboration with the National Celiac Association.

Support Group

February 19
Heart Month Heroes
2:00 – 4:00 PM
Wilbraham Big Y
2035 Boston Rd.
High blood pressure? High cholesterol? Stop by our info table to learn about foods to enjoy for protecting your heart.

Event Table

February 26
Heart-Healthy Eating
10:30 AM – 12:00 PM
Springfield Big Y
300 Cooley St.
Walk the aisles of Big Y and discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.

Store Tour

Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.